TUEB R

We Will Protect

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How To Boost A Sluggish Metabolism

First Aid and Wellness Training Unit

Can you imagine being told that you can go off your diet, increase your caloric intake and lose weight? On the surface that statement might resemble one of those ad gimmicks that promise you an elimination of body fat while you sleep or some similarly wild, unrealistic claim. However, if we truly understood the intricate manner in which our metabolism operates, the previous statement would not appear nearly as outrageous. Basically, the metabolic rate is the process by which food is converted to energy. The amount of energy used by the body can be measured by the amount of heat produced by it. Basal energy is the minimum level of energy required to maintain normal body temperature.

Avoid Strenuous Diets

When you severely limit your calories, dipping below the 900-per-day level, your Basal Metabolic Rate (BMR) decreases by as much as 15 to 30 percent. The body, which perceives this food scarcity as a starvation threat, slows down your metabolism to hoard energy. The lower the calorie count, the more slowly the metabolism runs. Food itself stimulates the metabolic rate, raising it for 30 to 40 minutes following a meal. If you need to lose weight, decrease your daily caloric intake by no more than 500 calories per day. This will enable you to lose one pound per week — a safe, realistic expectation — which will result in a greater long-term success.

Don't Skip Breakfast

If you wait too long to eat, your body reacts in the same way it does to a stringent diet. Research has shown that people who skip breakfast have lower metabolic rates than those who regularly eat a morning meal. When your body has nothing to burn, the metabolic furnace never has a chance to get fired up. However, if you eat moderate meals throughout the day, you'll keep your system moving in high gear.

Get a Move on your Metabolism

The most important change you can make is to incorporate exercise into your life. Some research indicates that metabolic rates are revved up 25% for 12 to 15 hours after a vigorous workout, and 10% for as long as 48 hours afterward, thus changing the fixed weight at which your body may be tuned. Exercise is the only known natural way to recalibrate your body's thermostat. Once this set point is changed through regular workouts, the BMR will continue to work at an increased capacity. Exercise may also help speed up the elimination of fat from the bloodstream, thereby lowering the risk of coronary heart disease. Because your body burns five calories per minute for every quart of oxygen it consumes, aerobic exercise speeds up the fat losing process.

Overweight people need, pound for pound, one-third to one-half fewer calories to maintain their weight than lean people do. That's because muscle tissue consumes calories, even when resting, and fatty tissue uses next to nothing in calories. Physical activity preserves the lean muscle mass that already exists and builds more muscle for a better muscle-to-fat ratio. Strength training is an excellent means of replacing flab with calorie-burning, body-toning muscle. Exercise suppresses the appetite by stimulating the liver to release more blood sugar. A low blood sugar level is one of the symptoms of hunger; a higher level signals the brain that you don't need to eat. In addition, levels of activity have a direct correlation to how many calories a person eats in the first place. There is a biological clock that is turned on and off according to the level of physical activity.

When activity levels are low, studies show that caloric intake increases; the less a person moves, the more a person eats. When a person exercises, food passes through the intestinal tract much faster, resulting in a smaller percentage of the day's calories being absorbed. A meal passes through the average person in about 24 hours. In obese people, with weak abdominal muscles, this process may take as long as 48 hours.

We've got to keep moving to keep our metabolism chugging along at a normal pace. Although none of these life changes will alter your metabolic rate magically or dramatically, your biological destiny no longer has to be out of control.

Special thanks to Motor Carrier Officer Ron Crampton for writing this article.

IN THIS ISSUE:

OUIL Law Update

Legal Training Unit

On May 1, 1995 a number of changes occurred in the OUIL law. Blood alcohol content is now "bodily alcohol content" which is measured in grams and not in percentages. Bodily alcohol content has been redefined by the medium tested. For example, an unlawful bodily alcohol content is 0.10 grams or more per 100 milliliters of blood, 210 liters of breath or 67 milliliters of urine. Under the old law, a defendant could challenge the breath or urine test on the basis that it did not indicate a drunk driver's actual "blood" alcohol test. This change applies to unlawful alcohol content, zero tolerance /.02 violations, presumptions, implied consent and commercial motor vehicle drivers.

Drunk driving causing death (MCL 257.625 [4]) and drunk driving causing serious injury (MCL 257.625[5]) now include impaired driving. Serious injury has also been redefined to include:

1. Loss of a limb or use of limb.
2. Loss of a hand, foot, finger, or thumb, or loss of their use.
3. Loss of an eye or ear, or loss of their use.
4. Loss or substantial impairment of a bodily function.
5. Serious visible disfigurement.
6. A comatose state that lasts more than 3 days.
7. Measurable brain damage or mental impairment.
8. A skull fracture or other serious bone fracture.
9. Subdural hemorrhage or subdural hematoma.

PBT results may be admissible in a drunk driving trial under limited circumstances. These circumstances include:

1. If offered by the defendant.
2. To rebut evidence that is offered to prove that the defendant's breath alcohol content was lower at the time of the charged offense than when a chemical test was administered. MCL 257.625a(2) (b) (ii). So if a drunk driving defendant argues at trial that he was not intoxicated when he was driving , but was intoxicated when the chemical test was administered, the prosecutor may add in the PBT results to discredit that argument.

Officers may immediately confiscate and destroy the driver's license of an individual under 21 who is in violation of the zero tolerance /.02 legislation or who refuses to take a chemical test upon reasonable demand made by a police officer. MCL 257.625g.

In a related issue, the Michigan Court of Appeals has recently held that a person arrested for OUIL could properly be charged with resisting and obstructing a police officer under MCL 750.479 where he refused to allow a lab technician to draw blood under a valid search warrant obtained by a police officer. *People v Davis,* 209 Mich App 580 (1995).

Patrol Update

Patrol Techniques Unit

Passenger side vehicle approaches: After the tragic death of Tpr. Manuel Fields, the Training Division was contacted by Tpr. Mark Tamlyn of the Cheboygan Post. Trooper Tamlyn advised that the California Highway Patrol (CHP) utilizes passenger side vehicle approaches as their primary approach style due to traffic concerns. CHP advised that they have had 173 officers killed in the line of duty, yet only 35 of those deaths were the result of a felonious assault. CHP stated, "except for 6 deaths due to medical conditions, the remaining deaths were a result of traffic related crashes." Due to this fact the CHP has adopted the passenger side vehicle approach as their primary approach style. As with any technique, there are advantages and disadvantages, but this approach deserves some consideration. CHP trains officers to either cross between the vehicles or around the rear of the patrol unit to approach on the passenger side. They state that once on the passenger side, officers can concentrate solely on the vehicle and not have the traffic concerns, as with the driver side approaches. We will be spending more time training in this area during the in-service training. Keep passenger side approaches in mind. It may be a safer alternative for some of your stops.

Patrol unit wig-wag lights: The wig-wag lights are very effective for alerting traffic when responding to an emergency or stopping a vehicle for a traffic violation. Keep in mind though, that on a traffic stop, the wig-wag lights should be shut off once the stop is made. The lights do not provide any tactical advantage once stopped. They can blind and/or disorient oncoming motorists due to the offset positioning of the patrol vehicle.

The Michigan Law Enforcement Bulletin: This publication published by the Investigative Resource Unit provides updated information regarding criminal MO's, forfeiture and drug concealment information, new and unusual weapon information, and officer survival information. Please take time to locate and review this publication when it arrives monthly at the worksites. This publication provides a wealth of knowledge for the patrol officer.

Please contact Sgt. Jim Shaw, Patrol Techniques Unit, (517)322-1507, if you have any information regarding patrols that you would like to have addressed in future training bulletins.

Hazardous Materials First Responder Tips

Hazardous Materials Training Center

For first responders, the key is **"Hands Off."** As a police officer, you are simply not equipped to handle a hazardous materials incident. Keep your distance and allow the personnel trained to deal with these matters to do their job. Your specific function is to approach only close enough to identify the type of vehicle involved and any placards or markings that are visible. Communicate that information to dispatch. Your senses should be at work here as well. If the odor of rotten eggs or fruit is present, if you can determine the color of the flames, direction of wind movement, or any special markings, report it to the dispatcher.

One problem that continues to plague police officers is realizing that they are not "in charge" of a hazardous materials incident. The common perception of police at motor vehicle accidents on the highway is that they are "in charge." When hazardous material is involved, the senior fire official on the scene is the person in charge. MIOSHA enforces this law. Once the spill or incident has been cleaned up, you may begin your on-scene investigation. Until that time you will be securing the scene, re-routing traffic: those things that will facilitate the fire personnel or the hazardous materials response team in doing their job.

When approaching any incident that may involve hazardous materials, always do so from upwind, uphill, or upstream. Keep in mind that just because your favorite radio station may say the wind is out of the west today, does not mean that the wind will be moving hazardous vapors to the east at the scene. Buildings, trees, hills, valleys, and a multitude of other things can cause wind to shift direction. Wind direction should be a part of the initial communications to dispatch so that the necessary personnel responding can do so as safely as possible. Wind direction can be determined in a number of ways: tree or grass movement, smoke movement.

If you will follow these simple suggestions you may avoid being a "canary" for your backup. You cannot alert other responders to the hazards if you are sick, down, or dead. Like traveling to a PI accident, if you crash in your efforts to get there, you become part of the problem, rather than part of the solution.

Bits 'n Bytes

(Microsoft Notes)

Windows Clock

Windows has provided us with a small desktop program that uses very little memory and can be used in any Windows application. The Windows Clock can be displayed on the screen in any size and screen position. To access the clock:

- Double click on the "Accessories" Toolbox Icon.
- Double click on the "Clock" Icon.
- Shrink clock down to about a 1" x 2" rectangle*.
- Move clock by clicking and dragging to desired location. (Upper right hand corner just before arrows is not used in most Windows applications.)
- Click on Clock Control Menu (upper left hand corner, appears as a minus sign in a gray box).
- Click on "Always on Top". This allows the clock to always remain on the top of any application you are running.
- Click on "Settings" to view menu.
- Click on either Analog or Digital style.
- Click on Seconds and/or Date if desired.
- Click on No Title to clear Title Bar.

To make changes or remove clock, a double click directly on the clock will replace headings.

*To Change Size:

Move mouse until you are directly on top of border around clock. Cursor should change to a two headed arrow. Hold down left mouse button and drag until border has been changed to desired size. Release mouse button.

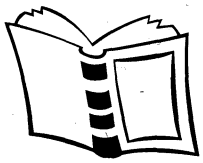
The 10 Deadly Errors

Defensive Tactics

Training Unit

1. **Lack of Knowledge**
2. **Taking A Bad Position**
3. **Failure to Recognize Danger Signs**
4. **A Poor Search**
5. **Poor Handcuffing**
6. **Failure To Watch The Hands**
7. **Relaxing Too Soon**
8. **Making False Assumptions**
9. **Taking Unnecessary Risks**
10. **Being Asleep On The Job**

LERC Update



The Law Enforcement Resource Center, located at the Training Academy, is open to all MSP personnel. Hours are 8 a.m.-12 noon and 1 p.m.-5 p.m., Monday through Friday. There is a comprehensive video training collection, written materials, with electronic searches possible.

Sandi Luther and **Lynn Adamczyk** manage the video collection. The phone number is **(517) 322-5624** or **322-5623**. **Mary LePiors** is the Librarian. You may request materials by calling **(517) 322-1976**, fax **(517) 322-1130**, or E-mail **lepiorsm@mlc.lib.mi.us.** The address for the Law Enforcement Resource Center is 7426 North Canal Road, Lansing, Michigan 48913.

GANGS

Gang information circulates frequently from LERC. Here are some pertinent titles.

VIDEOS

V434B Gangs: Tags, Tacs, Terminology — 21 minute — Coronet/MTI, 1993

V536 Gangs: Turning the Corner — 30 minute — California Images, 1994

BOOKS

American Skinheads, the Criminology and Control of Hate Crime by Mark S. Hamm. Praeger, 1993.

Dangerous Society by Carl S. Taylor. Michigan State University Press, 1990.

Delinquent Gangs, a Psychological Perspective by Arnold Goldstein. Research Press, 1991.

The Economics of Gang Life, A Task Force Report by the National Gang Crime Research Center, 1995.

Folks/People, Illinois Gangs by Illinois State Police, 1992 (vf).

Gang suppression and intervention, an assessment by The Office of Juvenile Justice, 1993.

Gang Violence Seminar by the Prosecuting Attorneys Coordinating Council, August 16-17, 1994.

Gangbangs and Drive-bys, Grounded Culture and Juvenile Gang Violence by William B. Saunders. Aldine DeGruyter, 1994.

Gangs in America by C. Ronald Huff, ed. Sage, 1990.

Girls, Delinquency, and Juvenile Justice by Meda Chesney-Lind. Brooks/Cole, 1992.

Girls, Gangs, Women and Drugs by Carl S. Taylor. Michigan State University Press, 1993.

The Impact of Street Gang Activity on Law Enforcement in a Metropolitan Area. POST, 1992 (vf)

An Introduction to Gangs by George W. Knox. Vande Vere, 1991.

Islands in the Street-Gangs and American Urban Society by Martin Sanchez Jankowski. University of California Press, 1991.

Monster, the Autobiography of an L.A. Gang Member by Kody Scott. Atlantic Monthly Press, 1993.

Working with Young Women in the Juvenile Justice System by the Youth Law Center, 1987.

SERIALS

Crime and Delinquency, 1971-

Journal of Gang Research, 1992-

What Is An Organization?

Career Development Section

After studying geese, anthropologist Angeles Arrien made these observations about the behavior of organizations.

1. **FACT:** As each bird flaps its wings, it creates an uplift for the bird following. By flying in a V-formation, the whole flock adds 71 percent greater flying range than if one bird flew alone.

   LESSON: People who share a common direction and sense of community can get where they're going quicker and easier because they're traveling on the strength of one another.

2. **FACT:** Whenever a goose falls out of formation it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

   LESSON: If we have as much sense as geese, we will stay in formation with those who are ahead of where we want to go and be willing to accept their help as well as give ours to others.

3. **FACT:** When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.

   LESSON: It pays to take turns doing the hard tasks and sharing leadership.

4. **FACT:** The geese in formation from behind honk to encourage those up front to keep up their speed.

   LESSON: We need to make sure our honking from behind is encouraging and not something else.

5. **FACT:** When a goose gets sick or wounded or shot down, two geese fly out of formation and follow it down to help it and protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own, with another formation, or they catch up with their flock.

   LESSON: If we have as much sense as geese, we too will stand by each other in difficult times as well as when we are strong.

Excerpt from the MISSOURI POLICE CHIEF

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